

Cautionary Statements attached are added to FINAL FORMS & require a signature.

SPORT SPECIFIC CAUTIONARY STATEMENTS

The participation in interscholastic athletics carries a level of risk. Every effort is made to insure the safety and well-being of our student-athletes. Even with these efforts, all our sports carry inherent risks. The following cautionary statements are provided to point out specific considerations in each of our sports.

Please take time to read the cautionary statement(s) specific to the sport(s) you will participate in this year. It is our hope in providing this information to you prior to your participation, you will be better equipped to identify potential hazards and have the means to deal with certain emergency situations.

BASEBALL AND SOFTBALL CAUTIONARY STATEMENTS

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity, and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

Preparation for practice or contest:

1. Wear all protective equipment to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secure so equipment-is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor or texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(s) immediately.
9. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.

Approach to the competitive/practice site:

1. Be alert to:
 - a. Variable surface textures (concrete, matting, turf)
 - b. Steps, ramps, dugout locations
 - c. Locations of bulk equipment or specific drills
 1. Ball throwing machines
 2. Hitting practice and the on deck circle
 3. Pitching practice

Hazards specific to Baseball & Softball:

1. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers and base coaches.

3. On deck hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the truck end of the bat.
4. Batting practice, infield drills, outfield drills, and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach
5. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
6. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
7. Burns, sprains, strains and contusions must be reported to coaches.
8. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.
9. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
10. Pitchers in batting cages will always wear protective helmets.
11. On a pitched ball which appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
12. Never catch without protective equipment.
13. Never slide head first into a catcher at home plate.

Emergencies:

Because of the nature of baseball and softball, some injuries will occur. All injuries must be called to a coach(s) attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Helping with the injured person
 - b. Calling for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Keeping onlookers away
 - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building
6. Be prepared to implement the emergency procedures outlined in #4,

BASKETBALL CAUTIONARY STATEMENT

Basketball is a highly competitive, fast-action game that places demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

Preparation for activity:

1. Wear all pads, braces and supportive undergarments to all practices and competitions. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
2. Clothing should not prevent heat dissipation, or restrict movement.
3. Players should ingest the equivalent of 4 - 6 glasses of water each day.
4. Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
5. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
6. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
7. Remove all jewelry, metal hair clips and hats.
8. No horseplay, roughhousing, hazing or initiations.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
10. High top basketball shoes are suggested and they should be properly laced up.
11. The use of preventative braces is recommended.
12. Mouth guards are highly recommended.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, roughhouse or horseplay in locker/ shower areas.
8. Identify incidents of foot or skin infection to coach(s) immediately.
9. No hazing or initiations.

Travel to contest & practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
 - a. Ball carts, Basketballs in flight, rolling, rebounding or bouncing.
 - c. Wind sprints or fast break drills.
 - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.
5. Do not accept rides home from strangers.
6. Be alert for possible hazards when conditioning in the halls.
7. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
8. No horseplay, roughhousing, hazing or initiations.

Hazards specific to basketball:

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheaded. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.
3. Foot Problems - Refer to coach(s) or athletic trainer
 - a. Blisters.
 - b. Calluses.
 - c. Ingrown toe nails.
 - d. Fungus infections or plantar warts,
4. Other Skin-Problems - Refer to coach(s).
 - a. Boils.
 - b. Rashes.
 - c. Floor bums, cuts.
5. Ankle and other orthopedic problems.
 - a. Sprains - new - ice, compression, elevation, rest.
 - b. Sprains - old - taping, easy workouts, and rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.

7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
8. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/ neck glands.
9. DO NOT hang on the rims or nets,
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT take an intentional foul that might cause an injury to an opponent
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

Emergencies:

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management -and may also necessitate involvement of squad members as follows:

Be alert to any injury that the coach may not see. He/ she will manage the person in trouble.

Assist by:

- Stop all practices, scrimmages. DO NOT move the victim!
- After calling the coach to manage the situation, help with the injured person.
- Telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
- Keep onlookers away.
- Sit or kneel in close proximity.
- Direct rescue squad members to the site.

Fire or Fire Alarm:

Evacuate and remain 150 feet from the building.

Be prepared to implement emergency procedures.

Bomb Threat:

Evacuate building and remain-200 yards from building.

Tornado:

Go to basketball locker room; sit on floor next to and facing locker.

CHEERLEADING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Sheridan High School cheerleading squads. Because of the physical demands required, squad members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity.

Preparing for practice:

1. Choose an outfit that fits comfortably and allows free movement.
2. Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.
3. Shoes must be worn during practice.
4. Players with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines are prohibited unless previously cleared by the advisor.
5. When executing partner stunts and pyramids, remember the federation rule against being more than two bodies high.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

Emergencies

Because of the physical nature of cheerleading, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:
 - a. helping with the injured person
 - b. telephoning for additional assistance
 - c. obtaining first aid supplies or equipment
 - d. directing the rescue squad to the accident site
 - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
 - a. sometimes there may be time to grab a coat and exit
 - b. if the situation requires quicker action, participants will evacuate through any exit
 - c. move and remain 50 feet away from the building
 - d. Be prepared to use the procedures described in #2 above.

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CROSS COUNTRY CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Sheridan High School cross country teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm up and warm-down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with the coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker door when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.

Movement to the practice/contest site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy jogging.

Hazards specific to cross country:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in road work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slowdown will help prevent unnecessary leg stress.
5. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
6. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
7. Sometimes practice will be held in the swimming pool, follow these guidelines:

Entry Into and Expectations While in the Water

- a. Look before you enter.
- b. No diving into the shallow end.
- c. Lanes will be designated for various conditioning routines. Swim to the right of any designated lane.
- d. Stay off the lane lines at all times.
- e. Making contact with the diving board or lane lines, pool walls, gutters¹ or bottom could possibly result in serious bodily injury.
- f. Never hyperventilate
- g. NO horseplay.

Emergencies

Because of the physical demands of cross country, some injuries will occur. AU injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques, however, some injuries may need more intense management, and may also require squad members to:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity
4. Assist by:
 - a. Helping with the injured person
 - b. Calling for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building

Be prepared to implement the emergency procedures outlined in EAS.

FOOTBALL CAUTIONARY STATEMENT

Football is a contact sport and injuries will occur. The coaches working in our program are well qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young people in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

Pre-season preparation:

Because football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.

Tackling, blocking and running the ball:

By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is NOT possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, assume a striking position or near to the opponent as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are vulnerable and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis or death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to serious injury if contact is again made to the TOP OF THE HELMET.

Basic hitting (contact) position and fundamental techniques:

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the legs.

The length of cleats has been restricted to no more than 1/2 inch to further help in preventing knee injuries.

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask or edge of the helmet. These restrictions were implemented because of serious injuries resulting from grasping the face mask. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc.

Grabbing the face mask or helmet edge could result in a neck injury which could range from a muscle strain to a dislocation, nerve injury, or spinal column damage causing paralysis or death.

Illegal and dangerous play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of these acts.

Fitting and use of equipment:

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads should be properly fitted and worn. Wear all protective pads, braces and supportive undergarments to all practices and competitions. Shoulder pads which are too small will leave the shoulder joint vulnerable to bruises or separations and could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: Front, back, and top of head. The helmet must be 11NOCSAE branded; the chin straps must be fastened, and the cheek pads must be of the proper thickness. On contact, a helmet that is too tight could result in a headache. Too loose a fit could result in headaches, a concussion, a face injury such as a broken nose or cheek bone, and a blow to the back of the neck could cause a neck injury, possibly quite serious such as paralysis or even death.

Preparation for practice or contests:

1. Wear all protective and supportive equipment including mouth guards to every practice or contest unless otherwise

- indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
 3. Wear outer and under garments that are appropriate for humidity and temperature.
 4. Players should ingest the equivalent of 4-6 glasses of water each day.
 5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
 6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
 7. Remove all jewelry and metal hair fasteners.
 8. Players with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, rough-housing, hazing or initiations.
7. Do not wear football shoes in the building or locker room at any time.

Movement to the practice/contest site or travel to contest/practice site:

1. Be alert to:
 - a. Goal posts.
 - b. Blocking sleds.
 - c. Kicking/Kick return drills.
 - d. Passer/Receiver drills.
 - e. Agility sprinting or other fast action drills.
 - f. No horseplay, rough-housing, hazing or initiations.

Cautions specific to football:

1. The Head and Helmet
 - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball.
 - c. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
 - a. The forearm striking surface should be accelerated as a unit with the shoulder and extension of the trunk. DO NOT (wind up) to accelerate the forearm separately.
 - b. Block from the front or the side and above the waist.
 - c. When pursuing an opposing ball carrier, do not "pile on" when the opponent is down,
 - d. Never grab an opponent's facemask.
3. General
 - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder or knee injury.
 - b. When falling - TUCK - Leave no extremity extended either to absorb the fan, or while on the ground.
 - c. Participate fully in neck strengthening exercises.
4. Water
 - a. Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
5. Weight Room
 - a. Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

Emergencies:

Because of the nature of football, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drill DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
 - a. Helping with the injured person.
 - b. Calling for additional assistance.
 - c. Bringing aid equipment or supplies to the site.
 - d. Keeping onlookers away.
 - e. Directing rescue squad to the accident site.
4. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building.
 - b. Move and remain 150 feet away from the building.

GOLF CAUTIONARY STATEMENT

Golf is a great sport. It is probably the foremost lifetime sport of all. Paying attention and adhering to the following considerations and procedures can ensure improved play and competition safety.

Preparing for practice:

- c. Choose clothing or footwear that fits properly, and doesn't restrict movement,
- d. Select clothing appropriate for precipitation, humidity and temperature,
- e. Players should ingest the equivalent of 4-6 glasses of water each day.
- f. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
- g. Avoid horseplay with clubs and equipment.
- h. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- i. If ill or dizzy, notify the coach. Do not practice.
- j. Check clubs regularly for stress or other signs of deterioration.
- k. Replace or repair damaged clubs.

Movement to practice site:

1. High school players and parents may transport golf team members to practices or matches played on local courses and practice ranges in the immediate Carmel area. Transportation provided in private vehicles must be indemnified by the personal accident and injury insurance of the owner or the driver. The Carmel Clay Schools is not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles. Travel to matches or practices outside the immediate Carmel area will be scheduled and provided by the school corporation in school owned vehicles.
2. Exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns,
7. Be alert to weather conditions- especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.

Cautions specific to Golf

1. When involved in club control/ club swing drills, LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club_ throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
 - a. Remove spikes, get away from clubs
 - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
 - c. Move to a wood building, low, protected area, or heavily wooded area.

Emergencies

Because of the nature of golf, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by: -
 - a. Helping with the injured person
 - b. Calling for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Keeping onlookers away
 - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

SOCCER CAUTIONARY STATEMENT

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and agility with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

Preparation for practice or contests:

1. Wear all protective equipment, including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. Goalkeeper must wear proper pads (mouth guard is suggested).
9. Field players may also choose to wear a mouth guard

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Refrain from rapid movements, horseplay, and roughhouse in the locker/shower areas.
6. Do not wear soccer shoes in the building or locker room at any time.
7. Remove mud outside and away from the building.

Approach to the practice or contest site:

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (15 minutes without lightning)
8. Soccer players will follow all other posted or published team rules.

Cautions Specific to Soccer:

1. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drill, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests

Emergencies

Because of the nature of soccer, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Helping with the injured person
 - b. Calling for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm;
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above

TENNIS CAUTIONARY STATEMENT

Tennis is a highly competitive, fast-action activity in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of participants.

Preparation for practice or contest:

1. Wear protective socks and proper footwear to practice and contests.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners,
7. Players with seizure, neuromuscular, renal, cardiac, insulin/ diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session,

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No roughhouse or horseplay.
7. Identify incidents of foot or other skin infections to coach(s) immediately.

Approach to the practice or contest site:

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warmup drills involving practice swings.
4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.

Hazards specific to tennis:

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners should face the net and be aware of each other's court position at all times so as to avoid physical or racquet contact with each other.
3. Players must gather up loose tennis balls and call "BALL" if loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts and fences,
6. Net jumping is prohibited.
7. Heat and humidity can be a serious problem. Ingest water during the day, and at practice or matches.
8. Players with sensitive skin are encouraged to use sun block or cover

Emergencies

Because of the nature of tennis, some, injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. Do NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Helping with the injured person
 - b. Telephoning for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Keeping onlookers away
 - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building
 - c. Be prepared to implement the emergency procedures outlined in #4

TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Sheridan High School Track and Field teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warm down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.
6. If spiked shoes are worn, they are to be put on and off outside the building.

Movement to the practice/contest site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
 - a. Sprint/hurdle straight always
 - b. Relay/ exchange areas
 - c. Jump/Vault runways and landing pits
 - d. Shot and discus throwing and landing areas
3. When jogging for warm up/warm down, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.

Hazards specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/ discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdlers.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track"
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slowdown will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
12. Sometimes practice will be held in the swimming pool, follow these guidelines:

Entry Into and Expectations While in the Water

- a. Look before you enter.
- b. No diving into the shallow end.
- c. Lanes will be designated for various conditioning routines. Swim to the right of any designated lane
- d. Stay off the lane lines at all times.
- e. Making contact with the diving board or lane lines, pool walls, gutters, or bottom could possibly result in serious bodily injury.
- f. Never hyperventilate.
- g. No roughhouse or horseplay.

Emergencies

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's attention; Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.

Assist by:

- a. Helping with the injured person
 - b. Telephoning for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Keeping onlookers away
 - e. Directing the rescue squad to the accident site
3. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move and remain 50 feet away from the building
 - c. Be prepared to implement the emergency procedures outlined in #4

VOLLEYBALL CAUTIONARY STATEMENTS

The following recommendations have been designed specifically for the Sheridan High School volleyball teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Preparing for activity:

1. Wear protective knee pads, braces and supportive equipment garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement,
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. No horseplay, rough-housing, hazing or initiations
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, rough-housing, hazing or initiations.

Entry to contest/contest site or travel to contest/contest site:

1. Be alert to ramps/steps leading to practice/ contest area.
2. Be alert to variations in surfaces (i.e. locker rooms, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Volleyball in flight, rolling, rebounding, or bouncing
 - c. Spiking or serving drills
 - d. Nets, support poles, cables, chairs, bleachers, and official's stand
 - e. No horseplay, roughhousing, hazing or initiations.

Preparing to play:

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

Hazards specific to volleyball:

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, and dizzy/light headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems--refer to coach(s) or athletic trainer:
 - a. Blisters.
 - b. Calluses.
 - c. Ingrown toenails.
4. Other skin problems--refer to coach(s) or athletic trainer:
 - a. Boils.
 - b. Rashes.
 - c. Floor burns, cuts.
5. Ankles and other orthopedic problems:
 - a. Sprains (new)--ice, compression, elevate, rest.
 - b. Sprain--old--taping, easy workouts, rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance or health.
8. Check your weight and record it. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat swollen neck glands.
9. Do not hang on rims or nets.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Never roll a ball under the net during play; the ball can roll under the feet.
12. Never throw the ball over the net; ball can hit an unsuspecting player.

13. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
14. While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
15. As in many team sports the possibility of running into teammates or opponents is apparent; Jump vertically when spiking or blocking.
16. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
17. Muscle soreness and possible strains occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/ after practice.
18. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

Emergencies:

Because of the physical nature of volleyball, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Be alert, look around. Get the attention of other people as they may need to help. DO NOT move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways. Assist by:
 - a. Helping with the injured person.
 - b. Telephoning for additional assistance.
 - c. Obtaining first aid supplies or equipment.
 - d. Directing the rescue squad to the accident site.
 - e. Keeping onlookers back.
3. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building.
 - b. Move and remain 150 feet away from the building.
 - c. Be prepared to use the procedures described in # 2 above.

WRESTLING CAUTIONARY STATEMENT

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Because of the speed and intense physical demands by which the sport is conducted, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport. **Preparation for practice or contest:**

1. Wear all protective equipment including ear protectors to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
 1. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
 2. Wrestlers with visual impairment(s) MUST REMOVE GLASSES.
 3. Wrestlers needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
4. Remove all jewelry and metal hair fasteners.
5. Wrestlers with seizure, neuromuscular, renal, cardiac, insulin/ diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
6. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
7. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No roughhouse or horseplay.
7. Identify incidents of foot or other skin infections to coach(s) immediately.

Approach to the practice or contest site:

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats, or flooring.
2. Be alert to other large equipment items in the general area (e.g.: gymnastics apparatus).
3. Be alert to the location of bubblers, fire extinguishers, and other building equipment, and the proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not practice.

Hazards specific to wrestling:

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.
4. The following are prohibited holds or tactics:
 - a. Double arm bar, full nelson
 - b. Some freestyle takedowns, e.g., straight-back suplay or salto
 - c. Trips where the opponent is forcibly thrown
 - d. Weight control or weight reduction programs should not be undertaken- without the approval of the coach.

Emergencies

Because of the nature of wrestling, some injuries will occur and the potential for skin problems/infections/diseases is increased. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.

Helping with the injured person

- a. Telephoning for additional assistance

- b. Bringing first aid equipment or supplies to the site
- c. Keeping onlookers away
- d. Directing the rescue squad to the accident site

Fire or Fire Alarm:

- a. Evacuate or remain outside the building.
- b. Move and remain 50 feet away from the building

Be prepared to implement the emergency **procedures** outlined